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Chronic Conditions and COVID-19 Risk

Chronic Disease Prevention
and Health Promotion Section



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Helping people. It's who we are and what we do.



Agenda

1. Office of Food Security and Wellness

- Obesity Prevention and Control Program

2. Health Systems Unit

- Diabetes Prevention and Control Program
- Heart and Stroke Prevention Program

3. Policy, Systems and Environmental Changes Unit

- Tobacco Control Program





Obesity Prevention and Control Program (OPCP)

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Office of Food Security and Wellness: Overview

The Office of Food Security works to effectively improve the quality of life and health of Nevadans by increasing food security throughout the State.

The Nevada OPCP implements evidence-based strategies to create a culture of obesity prevention by changing obesity-related behaviors to curtail/reduce child and adult obesity in Nevada.

Adults and children with obesity may have an increased risk for severe illness from COVID-19.





Obesity and COVID-19 Risk

Adults and children with obesity may have an increased risk for severe illness from COVID-19.



OPCP: Pre-COVID Activities

Early Childhood (EC)

Obesity Prevention

- Convene EC Obesity Prevention Steering Committee
- Enhance nutrition and physical activity standards and policies in Early Care and Education (ECE) Centers
- Increase Child and Adult Care Food Program (CACFP) enrollment among ECEs

Worksite Wellness

- Convene statewide Healthy Vending Workgroup
- Implement /pilot healthy vending per the Nevada Nutrition Standards Policy





OPCP: Post-COVID Activities

- All planned activities will continue in FY 20-21.
- Review/Update EC Obesity Prevention State Plan to consider barriers due to COVID-19.
- Assess obesity data gaps, including those related to COVID-19.
- Explore new collaborative relationships to explore innovative EC and adult obesity prevention strategies.



Questions?





Health Systems Unit

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Health System Unit: Overview

The Diabetes Prevention and Control Program focuses on the management of diabetes and the prevention of type 2 diabetes.

The Heart Disease and Stroke Prevention Program focuses on the prevention and management of Cardiovascular Disease (CVD) through evidence-based strategies.



Diabetes and COVID-19 Risk

- Age
- Sex
- Ethnicity
- Hypertension
- CVD
- Obesity
- High cholesterol
- Those with diabetes are not at greater risk of contracting COVID-19, if exposed, compared to those who do not have diabetes
- Those with diabetes are more likely to suffer higher morbidity and mortality from contracting COVID-19, compared to those who contract it but who do not have diabetes

Diabetes Prevention and Control: Activities Pre-COVID-19

- Improve access to and participation in Diabetes Self Management Education Support (DSMES).
- Increase pharmacist engagement in medication management of diabetes.
- Collaborate with healthcare organizations to identify patients with prediabetes and refer them to a CDC recognized lifestyle change programs.
- Expand availability of National Diabetes Prevention Program (DPP).
- Increase enrollment into CDC-recognized lifestyle change programs.





CVD and COVID-19 Risk

- Age
- Sex
- Ethnicity
- Diabetes
- High cholesterol
- Serious heart conditions
- According to the CDC, CVD-related deaths have increased since the COVID-19 Pandemic began.

Heart Disease & Stroke

Prevention: Activities Pre COVID-19

- Promote the use of evidence-based quality measures at provider offices.
- Promote the use of Medication Therapy Management (MTM) between community pharmacists and physicians to manage high blood pressure, high blood cholesterol, and lifestyle modification.
- Identify clinics for the use of self-measured blood pressure monitoring (SMBP) among adults with hypertension.
- Implement a referral system for adults with hypertension and/or high blood cholesterol to community programs/resources.



Cont.

- Collaborate with partners to identify patients with undiagnosed hypertension in Electronic Health Record/Health Information Technology.
- Partner with non-physician team members in clinical settings to identify patients with hypertension and cholesterol management.
- Engage patient navigators/community health workers to identify patients for hypertension and cholesterol management in clinical and community settings.
- Implement a bi-directional referral system partnership.
- Expand the use of telehealth to promote the management of hypertension and high blood cholesterol.

Health Systems Unit Programs: Post COVID-19 Activities

- MTM services were transitioned to telehealth instead of in person.
- All in person classes for both diabetes and heart disease were paused then transitioned to telehealth classes.
- Medicare expanded all in person visits or classes to cover and pay for office, hospital, and other visits via telehealth.



Questions?



Policy, Systems and Environmental Changes Unit

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Tobacco Control Program

- **Purpose:**

- To reduce the overall prevalence of tobacco use among Nevada residents.

- **Funded through:**

- Centers for Disease Control and Prevention (CDC)
- Fund for Healthy Nevada
- Senate Bill 263 funds



Tobacco Control Program

- **Goals:**

- Prevent initiation of tobacco use among youth and young adults
- Promote tobacco use cessation among adults and youth
- Eliminate exposure to secondhand smoke
- Identify and eliminate tobacco-related disparities

Tobacco Control Program Pre COVID-19 Activities

- Grant Writing – new CDC funding
- Policy Matrixes – Interim Health Committee
- Merchant Education Site Changes
- Senate Bill (SB) 263 execution

Tobacco Control Program Post COVID-19 Activities

- Develop Centers for Disease Control and Prevention (CDC) grant Scopes of Works (new funding)
- Develop Nevada Clinical Services, Inc. (NCS) and SB 263 workplans
- Administer monthly Technical Assistance Call
- Continue communication with team members and community partners
- Establish reasonable and flexible deadlines, when possible



Tobacco Use and COVID-19 Risk

There are no peer-reviewed studies evaluating SARS-CoV-2 infection associated with smoking.

Smokers may be more vulnerable to contracting COVID-19:

- Contact of fingers (and possibly contaminated cigarettes) with the lips, which increases the possibility of transmission of viruses from hand to mouth.
- Smoking waterpipes often involves the sharing of mouth pieces and hoses, which could facilitate the transmission of the COVID-19 virus in communal and social settings.



Questions?



Thank you!